Removing the Cloak of Shame

Leader : Marian Hammond

A Professional Development Training Workshop

Tuesday 12 August and Wednesday 13 August, 2025

Shame is a crucial issue frequently overlooked in the therapeutic context because it has many hiding places and inevitably reverberates with experiences of shame in the therapist. Striking at the core of the self, shame has physiological, behavioural, emotional and cognitive impacts which involve one's entire being. Shame lies at the root of perfectionism, depression, eating disorders and addiction.

The special nature of shame means that it cannot be worked with as the other primary emotions. To work effectively with shame we need an understanding of its purpose and complexity. In this workshop participants will learn how to recognise shame and all its disguises, identify triggers and shame related reactions, distinguish healthy shame from toxic shame and understand how shame can bind with other emotions. Shame, like trauma, is an under-resourced state, so we must work first to identify and connect the client with all their resources.

Together we will create a counter-shaming environment in which shame can be worked with gradually, without getting stuck in a shame freeze. Participants will be introduced to working in different realms: Interpersonal, cognitive, somatic-emotional, imaginal and spiritual, all of which can be potent in the transformation of shame. An overview of the principles of

working with shame in the therapeutic setting will be presented. Building shame resilience in both client and practitioner will be underscored as critical.

This is an experiential workshop in which psychodrama will be used to explore participants 'responses and reactions to shame. One important principle in the work is for practitioners to be willing to face into experiences of shame in themselves and their clients, and to see these as valuable opportunities for growth.

This workshop is suitable for counsellors, psychotherapists, psychologists, social workers, coaches and helping professionals.

About Marian

Marian Hammond Dip.OT, MHSc (Hons) is a psychotherapist and psychodramatist in private practice in Ponsonby, Auckland where she works with individuals, couples, supervisees and groups. She draws upon many years of personal and clinical work with shame. Over the past 26 years, together with a team, she has led psychodrama groups for women impacted by sexual abuse and has found these immensely powerful in healing shame.

In 2016 she completed her master's thesis: Therapists 'experiences of Shame: An heuristic study at the Auckland University of Technology. Marian is currently completing certification as a practitioner with the Center for Healing Shame based in Berkeley, California. From personal and clinical experience Marian has learned that building shame resilience is critical to one's wellbeing. She believes our experiences embracing and transforming shame can create new depth and enrichment in our relationships with ourselves and others.

Workshop Details

Dates: Tuesday, 12 August & Wednesday, 13 August 2025

Times: 9.30am – 5 pm
Breaks: Midway in am and pm; Tea/Coffee provided
Lunch approx 12.30 - 1.30pm, BYO or Local Cafes

Venue: 8-10 Mansfield St, Thornbury, Vic 3071

Cost: $ 520

Deposit : $300 payable by July 21 2025

Acc Name : KCCP; BSB : 313140; Acc :12208371

Ref:Your Name + Shame Wkshop

Transport: Tram: # 86, get off before Dundas St

Train: Croxton Train Station, Mernda Line.

Parking: Parking on Mansfield and adjacent streets

Max Attendees: 14

Enquiries: Kate Cooke, at k8cooke1@gmail.com or text only on 0478218327

Marians website URL

https://www.therapyforliving.co.nz/therapies-available/groups-2/